

Activity Level: _____ Height: _____ Age: _____ Sex: _____

Fitness Challenge Weekly Results Form				
Participants Name: Jane Doe				
		OMRON Fat Loss Device		Optional
Date	Weight	Body Fat %	BMI	Skin Fold Y/N
January 1st & 3rd				
Baseline	141.0 lbs	22.8%	23.5	YES
January 7th & 9th				
Week 2				
January 14th & 16th				
Week 3				
January 21st & 23rd				
Week 4				
January 28th & 30th				
Week 5				
February 4th & 6th				
Week 6				
February 11th & 13th				
Week 7				
February 18th & 20th				
Week 8				
February 25th & 27th				
Week 9				
March 2nd & 4th				
Final				

OMRON Recommended Body Fat Ranges and BMI					
		BMI			
		Low < 21.0	Normal 18.5 - 24.9	High 25.0 - 29.9	Very High > 30.0
Gender	Age	Body Fat %			
Female	20-39	< 21.0	21.0-32.9	33.0-38.9	> 39.0
	40-59	< 23.0	23.0-33.9	34.0-39.9	> 40.0
	60-79	< 24.0	24.0-35.9	36.0-41.9	> 42.0
Male	20-39	< 8.0	8.0-19.9	20.0-24.9	> 25.0
	40-59	< 11.0	11.0-21.9	22.0-27.9	> 28.0
	60-79	< 13.0	13.0-24.9	25.0-29.9	> 30.0

Based on NIH/WHO guidelines for BMI

Measurements					
Date	Chest	Waist	Hips	Bicep/Tricep	Thigh
Baseline					
Final					

Skinfold Calipers					
Date	Triceps	Biceps	Supralliac	Subscapular	Body Fat %
Baseline					
Week 3					
Week 5					
Week 7					
Week 9					
Final					

Workout Commitment: Group Exercise Class Points Chart

Class Name	Points Earned	Class Name	Points Earned
Hub HIIT	40	Hip Hop	20
Bootcamp	40	Body Flow	10
Spin/RPM	40	Yoga	10
BodyPump	30	DTO	10
BodyStep	30	SS Classic	10
Hub Core	30	SS Stability	10
Zumba	20		